



NATIONAL NUTRITION MONTH® 2005

QUIZ

1. According to consumer research, which factor tops nutrition as the number one reason why consumers buy one food over another?
 - a. Packaging
 - b. Preparation time
 - c. Taste
 - d. Cost
2. In addition to walnuts, which of the following is another rich source of omega-3 fatty acids?
 - a. Peanuts
 - b. Flaxseed
 - c. Apple
 - d. Broccoli
3. With thousands of food items to choose from in the supermarket, most Americans regularly consume a wide variety of foods. True or False?
4. Which of the following foods has the least amount of calories per serving?
 - a. 1 medium apple
 - b. 1 slice bread
 - c. 1 ounce cheddar cheese
 - d. 4 large California ripe olives
5. How many servings of whole-grain foods should people consume daily?
 - a. 2
 - b. 3
 - c. 4
 - d. 5
6. Beans such as pinto and kidney beans, split peas and lentils count as a serving of which food group in the Food Guide Pyramid?
 - a. Grains
 - b. Meat
 - c. Vegetable
 - d. Meat or Vegetable
7. Thirty minutes of moderate physical activity most days of the week can help prevent and control Type 2 diabetes. True or False?
8. Americans tend to underestimate the amount of food they eat by what percent?
 - a. 25%
 - b. 40%
 - c. 50%
 - d. 75%
9. Vegetarian diets are not appropriate for children. True or False?
10. Excess carbohydrates, not fats cause weight gain. True or False?
11. Eating a colorful variety of fruits and vegetables (red, yellow/orange, white, green and blue/purple) ensures you are getting a wide range of vitamins, minerals and phytochemicals to stay healthy and fit. True or False?
12. Washing with anti-bacterial soaps before preparing food is better than washing with regular soap and water. True or False?

ANSWERS TO NATIONAL NUTRITION MONTH® QUIZ

1. The answer is c. Taste is actually a bigger nutrition issue than we realize. The foods we enjoy are likely the ones we eat most often and there are social, emotional and physical reasons why we prefer certain foods. Therefore, the more these foods are eaten, the more nutritional impact they have on our overall health. Taste plus smell (aroma) and touch (temperature and mouth feel) make up flavor and flavor is a priority for food choices. To get the most flavor from foods and enhance nutrient intake: eat foods when they're at their peak of freshness; stimulate taste buds by including a variety of foods with different flavors—sweet, sour, bitter and salty—at a single meal; and chew food well to release taste and aroma.
2. The answer is b. Flaxseed, also known as linseed, is derived from the flax plant, an annual herb believed to have originated in Egypt. Flaxseed and flaxseed oil are rich in heart-healthy omega-3 fatty acids. Flaxseed also contains a group of chemicals called lignans, which may have anti-cancer properties. You can purchase flaxseed whole or milled. Whole seeds cannot be digested. For a pleasant nutty taste, add milled flaxseed to salads, cereals, smoothies, juices or yogurt. When baking, as a general rule, reduce the amount of flour by $\frac{1}{2}$ to $\frac{3}{4}$ cup, and add $\frac{1}{2}$ to $\frac{3}{4}$ cup loosely packed ground flaxseed. To replace fat in most recipes, use 3 tablespoons milled flaxseed in place of 1 tablespoon fat or oil.
3. The answer is False. Actually, most people are in a food rut, routinely planning their meals around the same 10 to 15 core foods. Variety is key to good nutrition and health, so expand your range of food choices. Look for new food items throughout the supermarket and try one new food each week. Take advantage of in-store samples to "taste test" a new food. Visit your local farmer's market and try new varieties of fruits and vegetables. Check cookbooks or cooking magazines for recipes that prepare favorite foods in new ways.
4. The answer is d. Four large California ripe olives contain 24 calories and 2.5 grams of fat. Although olives are fruits and naturally cholesterol free, they are not counted as a fruit serving in the Food Guide Pyramid because they are mainly fat. The good news is that olives contain healthy monounsaturated fat that adds great flavor to dishes. California is the only source of U.S.-grown ripe olives. Refrigerate unused olives for up to 10 days in their original can with brine; cover the can with plastic wrap.
5. The answer is b. Three of the 6 to 11 daily grain group servings should be whole grains, such as whole wheat bread or pasta, oats, barley, brown rice, whole-grain cereal or cornmeal. Whole-grain products are made from the entire grain kernel with nothing removed. They are low in fat and rich in fiber, antioxidant nutrients (such as vitamin E), minerals (such as selenium), and disease-fighting phytonutrients. Those following a low-carb diet miss out on these important health benefits.
6. The answer is d. Beans, split peas, and lentils can be counted as a meat or vegetable serving. Due to their high protein content, a $\frac{1}{2}$ cup serving is equivalent to one ounce of meat. When counted as a vegetable, one serving is $\frac{1}{2}$ cup cooked beans. Dried beans (such as, soybeans, pinto, black and kidney beans), split peas, and lentils are a staple in Greek, Mediterranean and vegetarian diets. In addition to protein, they are also good sources of fiber, iron, calcium, zinc and B vitamins.
7. The answer is True. There are many ways to add activity to your life, even if you start with 10 minutes at a time. Get moving—make physical activity part of your daily routine. Park your car further away from an entrance, take the stairs instead of the escalator or elevator, or take up a dance class like salsa. Children need 60 minutes of

physical activity daily. Physical activity coupled with a healthy diet can prevent and control chronic illnesses, such as diabetes and heart disease.

8. The answer is c. Many people have no idea what constitutes a sensible serving size. Today's super sizing trend promotes the "eat until you feel stuffed" mentality. The result is decreased attention to hunger cues and the inability to regulate how much to eat. Eat sensible portions by sharing an entrée or dessert with a friend, checking product labels to judge a serving (many items sold as single portions actually provide 2 helpings or more, such as a 3-ounce bag of chips or a 20-ounce soda) or using smaller plates, bowls and cups so less looks like more on your plate.
9. The answer is False. Generally, vegetarian diets that include dairy products and eggs (lacto-ovo vegetarian) can meet the needs of a growing child if the recommended food group portions outlined in the Food Guide Pyramid are consumed. Parents of a strict vegetarian or vegan child, whose choices are restricted solely to plant-based foods, should consult a doctor or a registered dietitian to make sure they are getting enough calories and important nutrients, including vitamin B12, iron, zinc and calcium needed for growth and development.
10. The answer is False. When combined with a sedentary lifestyle, excess calories from any source, whether carbohydrates, fats or proteins, cause weight gain. Despite claims of "low-carb" weight loss regimens, a high carbohydrate diet doesn't promote body fat storage by enhancing insulin resistance. Excess calories from any source are stored as fat.
11. The answer is True. Researchers have just begun to uncover the benefits of the pigment-related phyto(plant)-nutrients found in fruits and vegetables. For example, recent studies show that adding blue/purple fruits and vegetables (such as blueberries, dried or fresh plums, concord grape juice, purple cabbage, eggplant) to your low-fat diet may help maintain memory function, healthy aging, urinary tract health and lower risk of some cancers.
12. The answer is False. Washing your hands for 20 seconds (sing two choruses of "Happy Birthday" while you lather) with any type of soap in warm water is effective in reducing bacteria. There is no scientific evidence that using anti-bacterial soaps versus ordinary soap reduces the incidence of any disease. Always wash your hands front and back and up to your wrists, between fingers and under fingernails. Dry your hands with disposable paper towels or clean towels. Never forget to wash your hands after switching tasks, such as handling raw meat and then cutting vegetables. Also, it is important to wash hands after taking out garbage, sneezing or petting your dog or cat.